

Tomorrow: High: 70 F Low: 33 F



Q-N-A Time Former Wildcat Jordy Nelson shares his thoughts about the aftermath of the super bowl

Stereo what? Check out the Edge page for an interesting take on overcoming stereotypes.



City Commission and more See www.kstatecollegian.com for exclusive online content.

Cargill makes donation

Company's generosity aids multiple projects

Tierra Gordon

K-State's Grain Science and Industry and Animal Science and Industry departments recently received a \$500,000 donation from Cargill Inc. to help fund the construction of a new Feed Mill and Bio Refinery building. The building, which will be located north of Kimball Avenue in the Grain Science and Industry complex, will help researchers further their study of pathogens.

The Feed Mill and Bio Refinery building will have a specific lab entitled 'Cargill Feed Safety Research Center," said Dirk Maier, professor and department head of Grain Sci-

ence and Industry.
Because past researchers did not have access to proper materials and facilities, the Bio Safety Committee said "no" to proposals of research being conducted. The new Cargill Feed Safety Research Center will serve as a location where research can be done safely and thoroughly, said Keith Behnke, professor emeritus and feed technology research

"The center creates a place to safely and effectively do research with low levels of pathogens related to food-borne illnesses," Behnke said.

Maier said the building contains teaching and research services for students. Students from both departments will take classes, as well as have the opportunity to participate in labs and hands-on training.

The building, Maier said, will ontain 13 different classrooms within the Grain Science and Industry and Animal Science and Industry departments.

"One important outcome for the students will be the opportunity to learn to handle and deal with food safety issues," Behnke said.

Students are now being taught ideas for solving issues with patho-

"Right now, students learn different theories on how to go about doing research on a smaller scale, but with this facility students can get facts and have knowledge to perform on jobs," said Adam Fahrenholz, Ph.D. student in grain sci-

Maier said K-State is the only university in the world with a program designed for feed science, and added that the new facility will continue to allow K-State to be a leader in educating students in the

Building the facility will improve the ability to teach students with a broader basis of knowledge," Fahrenholz said.

Maier said the construction of the building will begin this summer and will be complete by late 2012. With an estimated 250 students per year, the new facility is expected to be ready for students to take classes and labs in 2013.



This enthusiastic bovine strikes a pose in a lot near the Veterinary Medical Complex. February is "I Heart Beef"

Beef offers protein, weight loss solutions

Sources say beef overlooked in healthy meat discussion

Kayla Duskie

February is a month all about hearts. The first thing most people generally think of related to February and hearts is Valentine's Day. along with this holiday, February is heart health month and this year, it is also home to the beef in-

dustry's "I Heart Beef" campaign. Valentine's Day is filled with romance, love and for many people, a good steak. According to the Cattle-men's Beef Board website, sponsored by the Beef Checkoff Program, 62 percent of Americans indicated in a recent survey that their top meat choice in February is beef. Some reasons behind this include about 40 percent of Americans associate steak with "love," "romance" and "passion," more than any other protein source. A Feb. 2 article in "Beef

ROASTED DARK TUR MEAT WITHOUT SK	ROAS	
Serving Size	3 oz.	Servin
Calories	159	Calorie
Protein	24g	Proteir
Total fat	6g	Total f
Saturated fat	2.1g	Sat
Monounsaturated fat	1.4g	Мо

Information from United States Department of Agriculture.

Magazine" also stated that over half of Americans identify filet mignon as their top choice for a romantic candle-lit dinner.

Galen Fink, owner of Fink Beef and partner of Little Apple Brewing Company, said, "I like peanut butter and other protein products too, but nothing satisfies like a good steak."

Along with taste buds, Fink also believes consumers choose beef for

believes consumers choose beef for ease of preparation and even for weight loss.
"I've lost quite a few pounds from

time to time by replacing unhealthy snacks with lean beef jerky as part of a high protein diet," Fink said. With all of this romantic beef

consumption, a question often arises, "Is beef safe and healthy for consumption?'

A consensus from nutritionists, beef producers and experts alike seems to be that yes, beef can be part of a safe and healthy diet. The main recommendation from

all sources seems to be that a moderate amount of red meat in a diet

STED CHICKEN BREAST **MEAT WITH SKIN**

Serving Size	4.2 oz.
Calories	142
Protein	27g
Total fat	3g
Saturated fat	0.9g
Monounsaturated fat	1.1g

is healthy.

The beef industry has put millions of dollars into beef product safety, and over \$350 million is spent every year on inspections and testing of beef products, according to the Explore Beef website, www. explorebeef.org.

BeefNutrition.org states that lean

beef provides 10 essential nutrientsincluding zinc, vitamin B and iron in only 154 calories, while it would take two to three times the amount of calories for plant-based protein products to provide the same amount of nutrients.

"With today's focus on obesity, lean beef is a solution that satisfies our appetites and provides more nutrients for fewer calories than many other foods," said Cheryl Hendricks, a registered dietitian with the National Cattlemen's Beef Association.

Information attained from Heidi Wells, director of nutrition for the Kansas Beef Council and the

BEEF | pg. 6

83% LEAN BROILED GROUND BEEF					
Serving Size	3 oz.				
Calories	218				
Protein	22g				
Total fat	14g				
Saturated fat	5.5g				
Monounsaturated fat	6.1g				

Compiled by Sam Diedrich

Newest campus building wins award

Leadership Studies building recognized for being green

Sam Diederich

The Leadership Studies building is the fresh, new face among campus buildings. Willard, Kedzie and Eisenhower halls gawk jealously at the Leadership Studies building as students and faculty members file in for coffee drinks and seats by a fireplace. Envious, aging academic halls at K-State aren't the only ones taking notice

of the campus's new crown jewel.

Design-Build Institute of America/Mid-America Region, or DBIA-MAR, awarded the Leadership building as the "Project of the Year." Oretta Smith, executive director of DBIA-MAR, said the Leadership building was selected for more than just its design.

"Design was clearly a part of this, but I think the key factor was a coordination and integrated approach that informed the entire process," Smith said. "It involved designers, architects, contractors and consultants. I commend the university for collaborating and fully participating in an integrated delivery approach?

Construction of the building was completed during the summer of 2010, and the building opened for its first full year of classes in the fall. Gary Schuberth, project architect from Opus A&E Group, said a good relationship between K-State and the designers was vital to effective construction.

"I think my favorite part of the process was working with the client group," Schuberth said. "They set a clear set of objectives that they wanted the building to achieve, and they made it easy for architects because they were so specific, yet they allowed free reign."

Tamara Bauer, coordinator for student services and communications for Leadership Studies, said the staff was resolved on what traits they wanted to include in their new building.

"It was important that we have a warm and inviting place for students and faculty," Bauer said. 'We wanted to use materials that blended in with surrounding buildings but were also sustain-

The Project of the Year award is not awarded every year, said Smith. It was last awarded to the H&R Block headquarters facility in Kansas City, MO.

"Just because a building is at the top of its category, it does not mean it will win project of the year," Smith said. "If it's not special, we will not give the award."

The building also received

LEADERSHIP | pg. 6



Salina campus student government looks for growth

President, vice president hopefuls agree on strategy

Sam Diederich news editor

With campaign week less than four days away, K-State Salina has officially received its first bids for student body president and vice

Brett Cooper, junior in technology management and engineering technology, and Lee Scherman, senior in engineering technology and technology management, filed to campaign for Salina's top two student leadership positions.

Cooper said he was excited about the opportunity to fulfill the position of student body president after serving two years in student government. "I have liked politics for quite a

while now," Cooper said. "I served as a senator for a year and then I was the attorney general for a year. I thought it would be perfect timing to run for student body president right now." Cooper's campaign manager,

Trista Gorrell, junior in engineering technology and technology management, said Cooper and Scherman will attempt to get the Salina campus involved in more community activities.

"I know they want to get Safe Ride up and running and also just try to come up with ways to incorporate our whole campus community and get everyone involved," Gorrell said.

Cooper added that he would also like to create more unity between the Salina and Manhattan campuses.

"I would like to see more events made available or held at the Salina campus so that the Salina campus is not always having to travel to Manhattan," Cooper said. "I'd like to bring more debates, forums and activities to Salina."

Scherman, who also has experience in student government, echoed Cooper's sentiments about getting students involved on Salina's campus. "We need to be willing to listen

to the students and push for their needs, and increase enrollment and involvement," Scherman said. "We need to get more people here so we can grow as a college." Cooper added that increasing

student enrollment is a priority in his campaign platform. According to the university's Office of the Registrar, spring enrollment for K-State Salina totals 814 students.

"We've kind of dwindled down a little and I'd like to get our student life back up and running," Cooper said. "We want to get our enrollment back up. Right now our enrollment is around 750 or 800, and I'd like to get it back up to at least 1,000."

Win or lose, Cooper said it is important for K-State Salina to have active student leadership.

"I think it's important to have students people can talk to when they have problems. You can go to a faculty member, but who knows if they will solve the problem," Cooper said. "As student body president, people can talk to me and I will go and find an answer right away."





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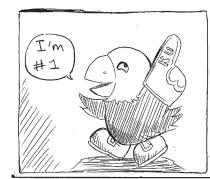
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Logan's Run | By Erin Logan







Venture capital key to innovation, jobs

Lecture Series speaker details the ups and downs of the venture capital business

Danny Davis senior staff writer

A crowded audience filled Fiedler Hall Auditorium yesterday for a lecture by Dixon Doll, co-founder and general partner for the venture capital firm DCM. The venture investor and K-State alumnus spoke as part of the Eyestone Distinguished Lecture Series.

During the 1980s, Doll began the first venture capital firm focused solely on telecommunications. He made Forbes' Midas List for four straight years on their list of Top 100 Venture Investors.

Provost April Mason introduced Doll and said his company enjoys focusing on "disruptive products". Doll explained that disruptive products are innovations that shake up the industry, such as the Apple iPad.

Venture capital is an investment in a high profile, high growth potential company, he said. It is a critical part of job creation. Companies with venture capital experience a higher growth rate than companies as a whole, Doll said.

"Older companies destroy or lose jobs," Doll said. "Young venture companies start them."

An investment down one year may have returns in five or ten years, but there's no way to know that. He pointed out investments made during 1985 that performed poorly, but in 1990 had changed course and were providing good returns.

"Innovation is flourishing every-where, not just in the United States," Doll said. "New venture capital leaders need to have rich international experience and be able to adapt to change."

His company was the first venture company in California to go international by opening offices in Beijing and Tokyo. DCM calls it their "Golden Triangle.

Although his speciality is telecommunications and media technology, Doll said the principles of venture capital he was teaching would apply across the board. The quality of life for 1 of 3 Americans is affected by life science venture capital companies, he said.

Venture capital firms operate by receiving money from institutional investors, pension funds, endowments, and foundations, Doll said. When a company goes public, venture firms receive returns on their investment.

Venture capital has evolved throughout the years. Where previously the talent and startups were in Silicon Valley, Ca., now they are across the world. Instead of a focus on the stock market, there is a focus on the global market.

When asked what the United States must do to stay competitive against other countries, Doll said the business infrastructure must be simplified. The consensus among the industry, he said, is that people in Washington, D.C. have no idea about business formation.

'It's a costly, bureaucratic structure," Doll said. "Entrepreneurs don't want to take companies public because of the

Doll said that there are conflicting views on whether or not entrepreneurship can be taught in college, but he believes some parts of it can. For K-State to become more active in entrepreneurship, he recommended visiting universities such as Michigan Institute of Technology and Stanford and looking at their course structures.

He concluded the lecture with parting advice for students and aspiring en-

trepreneurs.
"When in doubt, trust your gut," Doll

Eric Johnson, graduate in mechanical engineering, said he thought Doll did an amazing job. Johnson said he liked the interactive environment as a large portion of the lecture was devoted to a question and answer session.

Rebecca Anderson, senior in mechanical engineering, attended the lecture at the recommendation of one her professors. She said that venture capital will benefit her in the because many of the companies in Doll's presentation are possible employers.

"For the young minds in the room, it definitely was good insight of what the future with a company in venture capital would hold for us," Anderson said.

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CRYPTOQUIP

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Tuesday, Feb. 22

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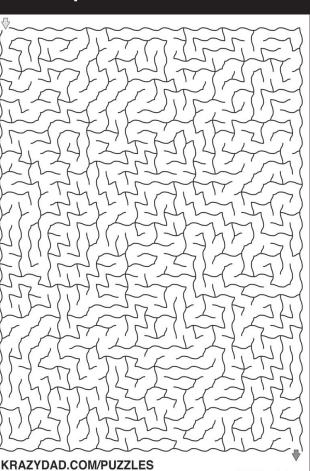
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Mortar Board

National College Senior Honor Society

Scholars... Chosen for Leadership... United to Serve



NATIONAL MORTAR BOARD WEEK: Feb. 14-18

Mortar Board, Inc. is a national honor society that recognizes college seniors for distinguished ability and achievement in scholarship, leadership, and service.

In 1999, Mortar Board began the "Reading is Leading" project. As part of this project, members read stories and donate books to local schools.

Since 2000, Mortar Board has created and distributed a booklet designed to help freshmen become better orientated with K-State. The booklet contains advice from current members about their experience as K-State students.

Membership Requirements: 3.0 GPA, 75 completed hours, exemplary leadership, scholarship and service record.

Juniors (75+ hours) and Seniors: You are invited to submit applications for 2011-2012! Applications are due by noon on Friday, February 18 in 103 Leadership Building.

HOMETOWN HERO

Super Bowl champ Jordy Nelson: 'honor to be a part of it'

Ashley Dunkak senior staff writer

Jordy Nelson is a third-year wide receiver for the NFL's Green Bay Packers. A Kansas kid, Nelson was a walk-on for the K-State football team and gradually became a big, big name for the Wildcats. The 25-year-old recently caught nine passes for 140 yards and a touchdown in Super Bowl XLV, which his Packers won

Q: How was Super Bowl week for you?

A: Obviously it's been a dream come true, getting to play in and win the Super Bowl, but it hasn't set in yet. It'll take awhile. Once we get that ring, which will be sometime this summer depending on some things, but I look forward to getting it, and it's been a dream come true.

Q: At the time, did you feel like you were on the biggest stage in all of sports?

A: I think sitting at home, watching it on TV all those years, it seemed like such a big deal, but honestly, playing in it, I think we made it such "just another game" that it wasn't that big of a deal. But obviously now, watching highlights, seeing all the things on TV and everything, and you realize what you're a part of, it's an honor to be a part of it, especially with an organization like the Packers. We've put our stamp in history now. We'll always be

remembered as Super Bowl champs with the Green Bay Packers. Like Coach McCarthy said, our team will always be linked together, and hopefully our families and everything will be as well, so it's an honor to be a part of that organization and just contribute to its history.

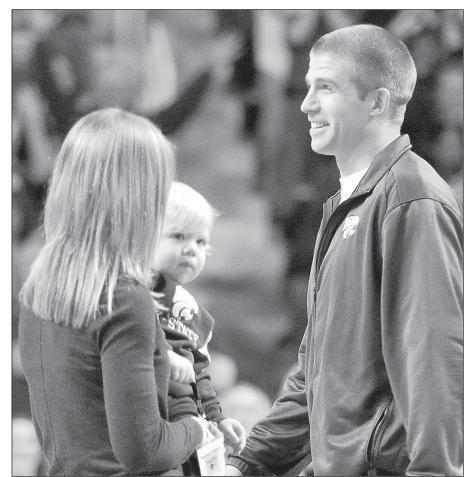
Q: When did it actually register that your team had won the NFL championship?

A: At the end, when the confetti started dropping, that's when it really hit, and then seeing Aaron standing up there with the Lombardi Trophy. It was, like I said, the sights you always see. They always talk about when the confetti falls, it's an experience of its own; you can't explain it. Just fortunate that I was able to experience it.

Q: What kind of reception have you gotten from football fans in this area?

A: A lot of it's been from some older people. "I've never watched the Super Bowl before, but we know someone who knows you so we watched it." But they enjoyed it. Maybe that's why we set the record for mostwatched-anything on TV. [Laughs]

Q: Does it amaze you how many people you have rooting for you



Jordy Nelson, stands with his wife Emily and son Royal in Bramlage Coliseum during the Sunflower Showdown Monday. The Riley County Commission declared Monday "Jordy

A: It's crazy. It's an honor. I appreciate all the support I have had in this area, and the area's expanded. Obviously, coming to K-State, the whole state of Kansas has supported me. Everyone back home in Riley County, they've just

been there. I'm just glad I could do something to allow them to enjoy it and continue to support me and I just appreciate everything they've done for me.

Q: What went through

your mind after catching

A: I didn't know what to do. It was a play that's not usually designed to go to that guy. It was actually a screen

the first touchdown of

Super Bowl XLV?

play, so it was something out of the ordinary. I just caught it, got up, and as you all (saw), I just kind stood there with my hands up in the air. I didn't know what to do. I was able to celebrate with some teammates but it was fun. I got the football. That ain't going anywhere so, I'll keep that forever.

Q: What's changed for you, being a big-time player in the NFL?

A: Nothing. Just a lot more media, a lot more post-week interviews with different radio stations and stuff, but besides that, nothing. I'm the same kid. Back here in Kansas as you can see, living out on the farm, just look forward to relaxing and having

Q: How are you liking Green Bay?

A: I love it there, for more than one reason. Obviously the organization's second to none. The way they treat you, the facilities we have. I haven't experienced any others, of course, but guys coming in said it's the best there is. Obviously the town, the city, is very similar to where I grew up. It's the smallest you're going to get in an NFL team; it's similar to Kansas. It's kind of a rural area, obviously farming, dairy and stuff like that. That's perfect for me and my wife to raise a family and hopefully we're there for a long time.

K-State looks to bounce back after two-game losing streak

Chris Wallace

The K-State women's basketball team is looking to bounce back from a two-game losing streak tonight against Colorado at Bramlage Coliseum. A win tonight would give the Wildcats a season sweep over the Buffaloes. Tip-off is scheduled for 7 p.m.

Last week, the Wildcats hosted the Texas Longhorns at Bramlage Coliseum. In that contest, the Wildcats could not stop the Longhorns on offense and struggled. Even when Texas struggled and the Wildcats stepped up on defense, they never seemed to make a run on the offensive end that would greatly threaten the Longhorns.

On Saturday, the Wildcats went on the road to Ames, Iowa, to take on Iowa State. The Wildcats were down 11 at halftime, but were able to get back into the game, using their signature gritty defense and post play to cut the lead to just two points. Sadly, they didn't have enough left in the tank, and eventually fell to the No. 22 team in the country

This season, the Wildcats have been carried by sophomore guard Brittany Chambers and

nightmares for opposing defenses. When teams attempt to limit Chambers' effectiveness from long range, she either drives to the lane or feeds the ball to the post and to Childs. If teams double team Childs in the post, she has been able to get the ball outside to Chambers for open

looks from three. But these two are not the only key contributors for the Wildcats. At times, sophomore guard Taelor Karr has been called on to carry the team, averaging 10 points per game. In addition to her strong play, the Wildcats have received important minutes from sophomore guard Mariah White and junior forward Branshea Brown. White leads the team in assists and steals on the season, while Brown leads the team in rebounding average with 5.9 per

One key factor in the past two losses is the lack of scoring for K-State off the bench. In most of their victories in Big 12 play so far this season, someone has been able to come off the bench and contribute big minutes and points for the Wildcats. Senior guard Kelsey Hill and junior

junior forward Jalana Childs. The forward Alina Voronenko have one-two punch from the outside been the key contributors, scorand inside has created match-up ing in double figures on several different occasions this season. When either of them have big games, the team often comes

away victorious. The last time these two teams met in Boulder, Colorado, K-State got a great team effort in the 72-59 win. Four different Wildcat players scored in double figures during the contest, led by Chambers with 20 points and Childs with 17. Hill registered her strongest scoring output of the season, scoring 12 points off the bench. K-State led by seven at halftime, but Colorado was able to climb back into the contest early in the second half, even leading at one point by two points, but the

Wildcats responded.
With just a 54-50 lead and only a little over four minutes remaining, the Wildcats went on an 8-0 scoring run to put the game out of reach, with Colorado never coming within seven points for

the remainder of the contest. Colorado will be looking for strong play from senior forward Brittney Spears and sophomore guard Chucky Jeffery. Spears is leading the team with nearly 18 points per game, while Jeffery is the only other player to average

double figures in scoring with 14 points per contest.

After building a nice conference record, the Wildcats find themselves with a one-game cushion for fourth place in the conference over Iowa State. With just six games remaining in the schedule, every game will become extremely important for the Wildcats. Fourth place is important because it would give the team a bye week in the conference tournament following the regular season.

K-State has also been getting attention as a bubble team for the NCAA Tournament. The Big 12 conference is normally one of the stronger conferences in the country, but for some reason this season the entire league seems to be down. Voters have had a tough time deciding how many teams from the conference should get into the tournament, but the higher the Wildcats finish, the more likely they will get in.

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Carlos Salazar | Collegian



Another day out on the course



Jason Schulte swings his ball out of the scruff during a K-state golf practice at Colbert Hills golf course. The K-State golfers finished thirteenth at the UTSA Oak Hills Invitational on Tuesday.

ksucollegiansports.wordpress.com

Nutter's Midweek Musings



Wednesday conundrums while we so-called "sports experts" continue trying to wrap our minds around K-State's 84-68 win over top-ranked Kansas.

• Despite all the ups and downs that the Wildcats have seen this year, there is one thing I can say İ'm certain about. Anything I think I knew about this team completely flew out the window two days ago.

 Before the game started, I told some of my fellow reporters that I'd be happy if the final margin was around 15 points. While my guess wasn't far off, I'll admit that wasn't what I had in mind.

• Before the postgame press conference began, a reporter posed a question to others in the room: "Would anyone have beaten K-State tonight?" I won't go as far as to say no, but that was the first time all season that the Wildcats looked worthy of all the preseason hype they

received.

• Speaking of preseason hype, a certain preseason All-American played absolutely out of his mind last night. The 38 points scored by senior guard Jacob Pullen weren't only a career high, they were the most ever by a K-State player against a No. 1 team.

• Even after watching a whole season with Michael Beasley in Manhattan, I'm not sure İ've ever seen a single player take over a game like Pullen did against the Jayhawks. He truly was in another universe on Monday night.

• In the Jayhawks' lopsided win against K-State on Jan. 29, the Wildcats had 20 points at halftime. This time around, Pullen had that on his own at the break - and a few more to spare. It seemed as though every time he put up a shot, it was going in, even if he had ten hands in his face.

• It will undoubtedly be overshadowed by Pullen's career night, but the performance put together by sophomore forward Jordan Henriquez-Roberts really was the "X-Factor" in the Wildcats' upset win. He doubled his scoring average in the first half alone and tied for the team lead in rebounds. But, more importantly, he's finally starting

to play like a seven-footer.

• In his defense, this wasn't a total shocker. Henriquez-Roberts has shown some serious signs of improvement over the last couple weeks, but he really took his game to the next level on Monday. Pullen said K-State is really hard to beat when its big man has that kind of night, and I tend to agree.

• Not to be a pessimist or rain on everybody's parade, but how big does the heartbreaker at Colorado look right now? If the buzzer-beater had counted that day in Boulder, the Wildcats would currently be in fourth place in the Big 12. I know there's no point in dwelling on what's already happened, but it's amazing how much difference one game can make in this league.

• That being said, this season is far from over for Pullen and company. The Wildcats have some very winnable games left on their schedule and still have plenty of opportunities to prove they're for real. It starts this weekend with a visit from Oklahoma. Stay tuned.

Justin Nutter is a December graduate with a bachelor's degree in journalism and mass communications. Please send comments to sports@spub.ksu.

CATEGORIZE THAT

Looking beyond the common stereotypes in society

Balasubramanyn Meenakshisundaram and Kelsey Castanon staff writer/ edge editor

Stereotypes are a sensitive topic. Why are they so commonly talked about in the United States? Obviously, anyone can make assumptions about different ethnic groups, but is there any validity to the statements? Is there any truth behind the stereo-

JohnElla Holmes, instructor of American ethnic studies, said stereotypes are not myths. She said stereotypes could be classified broadly as either positive or negative - they are negative because they are framed that way and could be used against people to justify the discrimination imposed on them by a person or a group. There are countless examples, like women are not good at math and old people make for some lousy drivers.

But is there any scientific evidence supporting the stereotype that African-Americans are better athletes? Besides multiple unproven theories, research suggests the answer is no. Where or how this stereotype stemmed is unknown; however, it is rumored to be because of the number of successful African-American athletes on multiple team rosters.

Is there any truth behind the stereotype Asian-Americans are smarter? Po Sen Chu, professor of psychology, said that answer is complex. Asian-Americans are a diverse population, and Chu said it is difficult to see them as a whole.

"Many Far East Asians perform extremely well in some elite schools," he said. However, Chu also said that is a small portion of the Asian-American population. All too often "the small number of super-good students out shadow this problem," he said.

If it is only a small portion of the population, how did this stereotype come about?

Chu said it is in part related to the family and cultural traditions of Asian-American families.

"Education is the only responsibility a child should concentrate (on).



Jeniffer Heeke | Collegian

Rebecca Taylor (left), senior in social sciences, and Huyen Dinh (right), senior in biochemistry, show off aspects of their personality that people would not associate with stereotypes about them.

They should do well academically to honor their families and themselves,"

While being stereotyped as extremely intelligent seems like it would be a good category to be placed under, Chu said even the "positive" stereotypes can be quite dangerous in certain cases.

"Many Asian-Americans need help academically, but because of this 'model minority' myth, they don't receive needed help. People tend to believe they'll be OK," Chu said.

When it comes to if there is any truth that genetic and racial differences could influence academic performance, Chu said he didn't think

But stereotypes do not just end with race. It could extend anywhere from sexual orientation to gender.

Spencer Wood, assistant professor of sociology, said people often do not realize their assumptions are actually stereotypes.

"People need to be very cautious on their assumptions," Wood said.

Wood also said people often gravitate toward a social label that attaches to them, even if they don't believe the stereotype about them is true. This, he explained, is called the "labeling

For example, Chu said research suggests that during a math test, a woman might give up or not do as well because of the stereotype women are not as competent at the subject as men. It is not because of a lack of ability, but because society plays a role in convincing people otherwise.

Many stereotypes "may be perpetuated by self-fulfilling prophecies,"

Like Chu, Wood said there might be tiny elements of truth in each stereotype, but they get distorted over time and usually have anecdotal evidence but no systematic evidence.

'I see (stereotypes) as a way people categorizing different groups of people," said Yebin Yoon, senior in

Yoon said she treats stereotypes as others' opinions and not her own.

'I don't stereotype and interact with them because that's just a wrong way to get to know (people)," she said. Yoon, who is Korean, also said she

has been the victim of stereotyping. "I think I'm stereotyped only because of my appearance, like how I look 'Asian," she said. "We're all the same, just different culture and background. So when they stereotyped me, I felt like they didn't even consider to get to know me for who I am. I felt like they took me for what they know about my ethnicity, but not me. So that was kind of sad."

Even though the basic roots may lie in truth, it is undeniable that today's versions are far more complicated and distorted. It is best to treat one on his or her merit and not on that of his ancestry or ethnicity as in the present day competitive world, the best and the brightest get rewarded no matter where they are from.

The best approach to stereotypes is to not make them, Chu said.

"The rule of thumb is do not judge person by any stereotype, even when you think the stereotype might have a kernel of truth," Chu said. "For example, research suggests that little boys are more likely than little girls to engage in rough-and-tumble play. That doesn't mean every boy we see should like to do that. Every individu-

Exercise not to blame for facial woes

Sandi Lam staff writer

For those who use the negative effect exercise has on the skin as their last excuse for avoiding the gym, there is no need for excuses any longer. Exercise is not only healthy for the skin, but also for the other muscles being worked. While some might experience blotchiness on the face or acne breakouts after working out, poor skin does not result from the exercise itself, but instead the way exercise routines are handled.

"It is good to sweat because it relieves the toxins that build up in pores throughout the day," said Julie Gibbs, director of health promotions at Lafene Health Center.

She said without sweating, the toxins could clog pores, resulting in breakouts.

Believing that the inconvenience is worth it, she said, "Keep a towel with you when exercising to wipe off sweat." If exercising is actually good

for the skin, why do many people experience more skin problems after working out? Gibbs said the problem

could be the "the sweat bands and helmet straps that are worn during the work out."

The material suffocates the pores, which she said causes the clogging and skin irritation. As a warning to women in

particular, Gibbs said makeup has the same pore-clogging

"Never exercise with makeup

on," she said.

A possible reason for the buildup could also be hormone and stress levels. Going for a run at Peters Recreation Center might be a stress reliever to some but it might not be true for everyone. According to a Discovery Health article on health.howstuffworks.com titled "Is Exercise Good Or Bad For Skin?" by Tom Scheve, exercise lowers cortisol levels in the body and "cranks the production of sebum." Sebum, Scheve reported, is the body's natural oil that

helps shed dead skin cells. However, the article also said sebum can be over-produced, which creates piled-up dead skin cells. The build up could be the explanation for blemishes and problems with skin. Put simply, exercising triggers the body to respond in a way that lowers the chances of skin breaking out.

Scheve also reported in the article that acne is caused by environmental factors during working out, such as headbands and close-fitted material because of the "friction and constant pressure against the skin."

Knowing exercise is beneficial to skin's health may be an added bonus to an already existing workout routine. If not, it could be a great motivator.

Stationary Biking is one of the low impact exercises easy accessible to students at K-State's Peters Recreation Complex.

Lisle Alderton | Collegian



HOROSCOPES



Libra Sept. 23 - Oct. 22

You have been incredibly stressed this week. Maybe it's the day to treat yourself to the new Adam Sandler movie.



Scorpio Oct. 23 - Nov. 21 Advice: future employers will check your Facebook. It might be wise to take off those pictures of your freshman year.



-Compiled by Kelsey Castanon

Sagittarius Nov. 22 - Dec. 21 Now is the time to go dancing until the early morning with the worst intentions.



Pisces Feb. 19 - March 20 It's the middle of the week, and you're already getting excited for the weekend. Slow down! It's not "TGIF" time — yet.

Capricorn Dec. 22 - Jan. 19

ceptable to cry in solitude.

Aquarius Jan. 20 - Feb. 18

your birthday month, after all.

You made it through Valentine's Day. Now,

that wasn't so bad was it? It is now unac-

Tonight, go party like it's your birthday. It's



Aries March 21 - April 19 Be the big spoon this week. Come on, take



Taurus April 20 - May 20 Is it wrong to keep the \$5 your professor dropped on the floor in front of you? Yes, but it also could get you some much-needed ice cream at Orange Leaf. Up to you.



Gemini May 21 - June 20 This is the weather you have been waiting for. Spring, here you come!



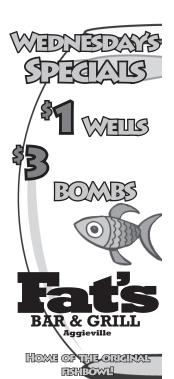
Cancer June 21 - July 22 Today you might notice your little office crush firing up. While there is no harm in peeking at their bosom, it's best to keep your hands to yourself.



Leo July 23 - Aug. 22 Do you have a K-State Proud T-shirt? Me neither. Maybe we should get one together.



You, like the many other K-Staters, are still walking on cloud nine after the basketball team's win over the Jayhawks on Monday. No harm in that, keep it coming.



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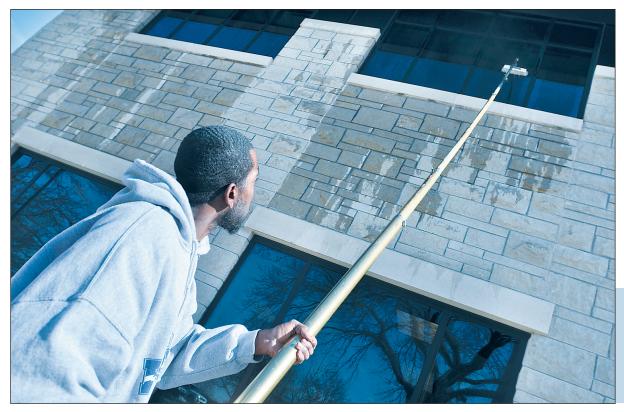
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LEADERSHIP Building environmentally friendly, aesthetically pleasing



Continued from page 1

Leadership in Energy and Environmental Design, or LEED, certification. Schuberth said sustainability was a priority during design and construction.

"There were 42 items that we went through that we achieved in the building," Schuberth said. "We used a very efficient mechanical system that runs the air conditioning, we used shade trees that reduce over-heating, and a lot of the lighting in the building is on sensors so that they turn on when people enter a room and that prevents wasted energy."

The building also features indoor and outdoor fireplaces, classrooms with arrangeable furniture, and a coffee shop. Such amenities are a direct result of clear

Dwayne McFadden, window washer with Prairie Cleaning, washes top story windows of the Leadership Studies building Monday afternoon. The building has its outdoor windows cleaned four times a year.

Matt Binter | Collegian

architect, said Schuberth.

"We designed and built this in what is called a 'design-build' method where the architect and contractor work hand-in-hand from the beginning of the proj-ect until the end," Schuberth said. "The staff at K-State was also very up front about certain objectives or things they wanted in the building."

Schuberth said LEED certification is becoming more common in new building projects, but the Leadership building is the first in the state of Kansas to achieve gold certification.

"It's awesome. I appreciate the natural lighting in the building, which allows us to use less energy and just light rooms from our big windows," Bauer said.

Smith recommended that future projects follow a similar planning blue print as the Leadership Stud-

"Why do more projects not do this? I'm not sure I can answer that," Smith said. "It is probably education and understanding the process and understanding that it's important to consider Mother

BEEF | Experts explain nutritional benefits

BEEF CUTS FROM THE CHUCK BLADE WITH LEAN ONLY						
Serving Size	3 oz.					
Calories	213					
Protein	26g					
Total fat	11g					
Saturated fat	4.3g					
Monounsaturated t	fat 4.8g					

Continued from page 1

Missouri Beef Industry Council, states that beef is considered a "complete protein" be-cause it provides all essential amino acids for muscle growth and weight management.

Michael Dikeman, professor of animal science and industry, said that the saturated fatty acid in beef is called "stearic fatty acid." This acid is con-verted to a monounsaturated fatty acid when consumed by humans. He also said beef contains a small amount of a healthy fatty acids called "conjugated linoleic fatty acid."

It is also suggested that consuming lean beef may help lower the risk of heart disease.

"Choline, one of the 10 esntial nutrients found in beef, may play a role in breaking down homocysteine, an amino acid in the blood that may be associated with increased risk of heart disease," Dikeman

BEEF CUTS FROM THE CHUCK BLADE WITH LEAN AND FAT					
Serving Size	3 oz.				
Calories	293				
Protein	23g				
Total fat	22g				
Saturated fat	8.7g				

The American Heart Association recently identified three lean cuts of beef that qualify as part of their Food Certification Program. These cuts include boneless top sirloin petite roast, top sirloin filet and top sirloin kabob. These three cuts will now display the American Heart Association's heartcheck mark on their packaging.

Monounsaturated fat 9.4g

The American Heart Association established the heartcheck mark in 1995 to give consumers an easy, reliable system for identifying hearthealthy foods as a first step in building a sensible eating plan. Approximately 800 products that bear the heart-check mark have been screened and verified by the association to meet criteria for saturated fat and cholesterol, according to heartcheckmark.org.

"The bottom line is that lean beef is a safe, wholesome, nutrient-rich protein source that can fit into the healthy lifestyle of all consumers," Wells said.

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MONDAY/WEDNESDAY Arabic II ARAB 182 15272

5:30-8:30 p.m. Public Speaking I COMM 106

15845

15843

15816

5:30-7:55 p.m. Public Speaking II COMM 321

8:05-10:30 p.m.

Feminist Practice/ Applied Non-Violence DAS 590 15861

5:30-7:55 p.m. Intermediate Microeconomics **ECON 520**

5:30-7:55 p.m.

Expository Writing II ENGL 200 5:30-7:55 p.m.

Earth through Time GEOL 102 5:30-7:55 p.m.

History of the United States Since 1877 **HIST 252** 16232

College Algebra MATH 100 15510 5:30-7:55 p.m.

8:05-10:30 p.m.

The Psychology of Power PSYCH 599 16049 5:30-7:55 p.m.

Police and Society SOCIO 362 16210 5:30-7:55 p.m.

Fld/Women's Studies WOMST 590 15953 5:30-7:55 p.m.

TUESDAY/THURSDAY

Accounting for Investing and Financing ACCTG 241 15186 5:30-7:55 p.m.

Intermediate Macroeconomics **ECON 510** 15814 5:30-7:55 p.m.

Europe Since World War II HIST 574 16072 5:30-7:55 p.m.

General Calculus and Linear Algebra MATH 205 15120 5:30-7:55 p.m.

Introduction to Moral Philosophy PHILO 130 16243 5:30-7:55 p.m.

United States Politics POLSC 325 15348 5:30-7:55 p.m.

General Psychology PSYCH 110 15996 5:30-7:55 p.m.

Introduction to Sociology SOCIO 211 5:30-7:55 p.m.

Introduction to Social Interaction SOCIO 450 16208 5:30-7:55 p.m.

Introduction to Women's Studies WOMST 105 15278 5:30-7:55 p.m.

TUESDAY/THURSDAY/ **SATURDAY**

Introduction to Information Technology CIS 101 15138 5:30-7:55 p.m. TU 8:30-10:30 a.m. Sat. March 15-April 2

Microcomputer Spreadsheet Applications CIS 102 15137 5:30-7:55 p.m. TU 8:30-10:30 a.m. Sat.

Introduction to

April 5-14

Introduction to Microcomputer **Database Applications** CIS 103 5:30-7:55 p.m. TU 8:30-10:30 a.m. Sat. April 16-26

Introduction to Microcomputer Word Processing **Applications** CIS 104 15140 5:30-7:55 p.m. TU 8:30-10:30 a.m. Sat. April 28-May 7

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